

Know your risks.  
**Hepatitis C**  
Know your options.

## Know Your Risks

### STEP 1: Find Out If You Have Hepatitis C

#### Does this describe YOU?

- |                                                              |         |        |
|--------------------------------------------------------------|---------|--------|
| I have used injection drugs.                                 | ___ Yes | ___ No |
| I got a tattoo in prison.                                    | ___ Yes | ___ No |
| I received a blood transfusion before 1992.                  | ___ Yes | ___ No |
| I received blood products for clotting problems before 1987. | ___ Yes | ___ No |

If you answered Yes to any of the questions above, you should get tested for Hepatitis C, and the test may be free. Call **1-800-545-2437** to find out more!

### STEP 2: If You Don't Have Hepatitis C, Reduce Your Risks

- ☐ Get vaccinated for Hepatitis A & B
- ☐ Don't share needles or works, razors or toothbrushes with anyone.
- ☐ Have safer sex — use protection such as a latex condom.

### STEP 3: If You Have Hepatitis C

There are some medical treatments available for Hepatitis C. However, protect your health by doing the following:

- |                                                                                    |                                             |
|------------------------------------------------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Get vaccinated for Hepatitis A & B                        | <input type="checkbox"/> Get plenty of rest |
| <input type="checkbox"/> See your doctor every 6-12 months!                        | <input type="checkbox"/> Eat a healthy diet |
| <input type="checkbox"/> Avoid drinking alcohol — it makes the disease much worse! | <input type="checkbox"/> Exercise regularly |

### STEP 4: Don't Pass It On

If you have Hepatitis C, do not share needles or works, razors or toothbrushes with anyone else. Practice safer sex. Take care of the people you care about.

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#### Questions?

For more information, call  
our free, confidential hotline:

**1-800-545-2437**

E-mail:

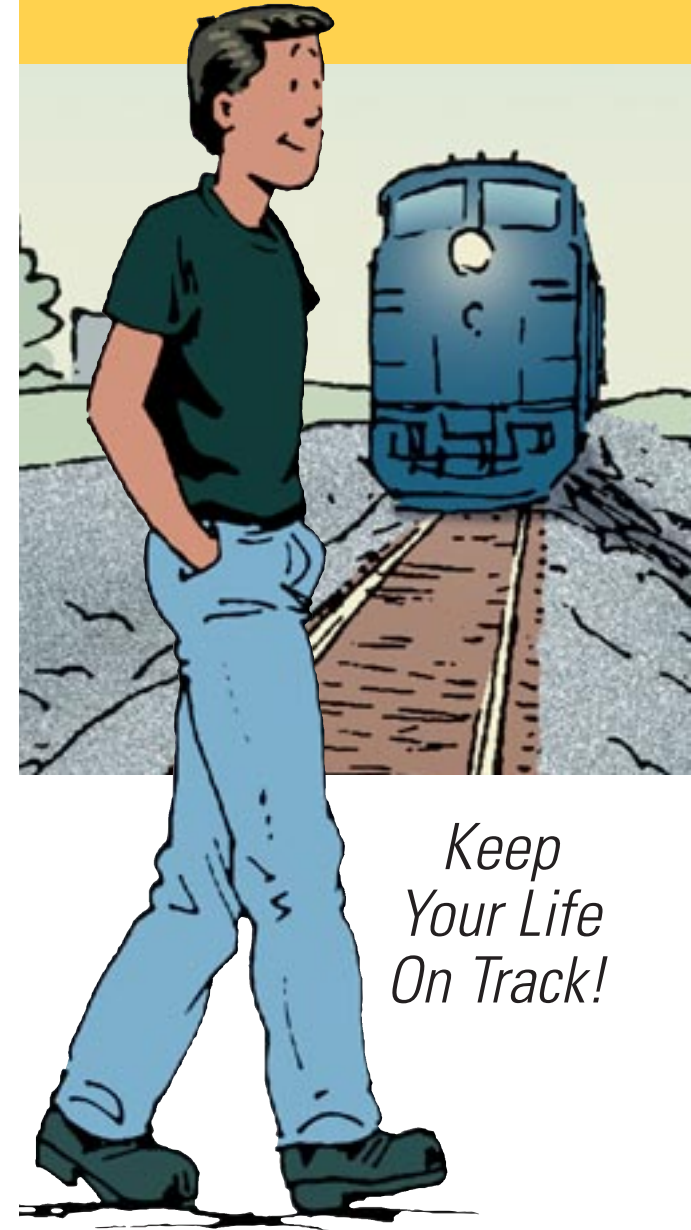
**hepatitis@doh.state.nm.us**

*We'll be glad to  
help you keep your life on track!*

NEW MEXICO  
DEPARTMENT OF  
**HEALTH**

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## Hepatitis C Is Like An Oncoming Train



# Hepatitis

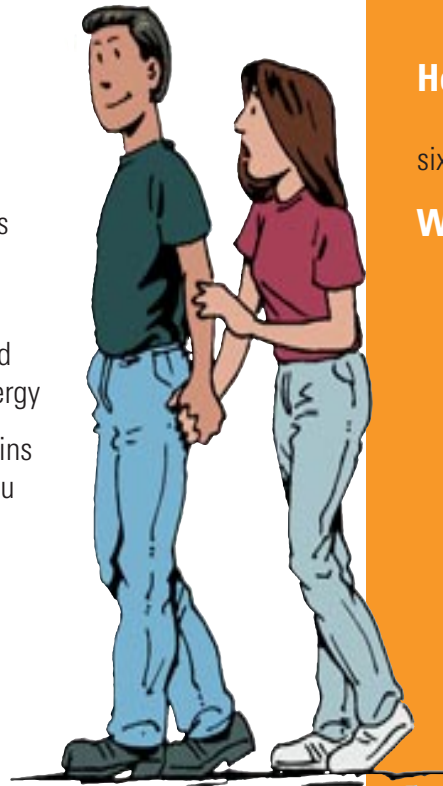
## Know Your A, B, Cs

### What is Viral Hepatitis?

Viral hepatitis is a group of diseases that attacks your liver, an important body organ that performs over 5,000 functions every minute of every day to keep you alive, alert and healthy.

### Hepatitis Makes It Hard For Your Liver To:

- Remove poisons and toxins from your body
- Change the food you eat into energy
- Store the vitamins and minerals you need for good health



A message from the

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HEALTH

# Hepatitis A

### How is it Transmitted?

Hepatitis A is spread through oral contact with feces of someone infected.

### You Are At Risk If You:

- Eat or drink contaminated food or beverages
- Engage in sexual activity or live with someone who has the disease

### How Long Does It Last?

People recover from Hepatitis A in less than six months.

### Warning Signs:

- ***You may not have any symptoms at all!***
- Yellowing eyes
- Dark-colored urine
- Exhaustion
- Fever
- Stomach pains

***Protect Yourself:  
Get Vaccinated  
for Hepatitis A!***

### Questions?

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our free, confidential hotline:

**1-800-545-2437**

E-mail: [hepatitis@doh.state.nm.us](mailto:hepatitis@doh.state.nm.us)

# Hepatitis B

### How is it Transmitted?

Hepatitis B is spread through contact with blood or body fluids of someone who is infected.

### You Are At Risk If You:

- Share needles or works, razors or toothbrushes
- Have sex with someone who has the disease
- Come in contact with the blood of someone who has the disease
- Get a tattoo or piercing with contaminated equipment

### How Long Does It Last?

You can get over Hepatitis B in six months, but it can also be a lifelong, chronic disease. *Hepatitis B can sometimes cause liver failure and death.*

### Warning Signs:

- ***You may not have any symptoms at all!***
- Light-colored bowel movements
- Dark-colored urine
- Yellowing skin or eyes
- Flu-like symptoms including fever, stomach pain, vomiting or exhaustion

***Protect Yourself:  
Get Vaccinated  
for Hepatitis B!***

# Hepatitis C

### How is it Transmitted?

Hepatitis C is spread through contact with blood of someone who is infected.

### You Are At Risk If You:

- Share needles or works, razors or toothbrushes
- Come in contact with the blood of someone who has the disease
- Get a tattoo or piercing with contaminated equipment
- Received a blood transfusion before 1992.

### How Long Does It Last?

Some people recover from Hepatitis C, but most people develop a lifelong, chronic condition. *Hepatitis C can cause liver failure and death.*

### Warning Signs:

- ***You may not have any symptoms at all!***
- Light-colored bowel movements
- Dark-colored urine
- Yellowing skin or eyes
- Flu-like symptoms including fever, stomach pain, vomiting or exhaustion

***There is no vaccination for Hepatitis C,  
but you can protect yourself.***

Get vaccinated for Hepatitis A and B (*so you don't get really sick by getting more than one kind of Hepatitis at once*). **DON'T** share needles or works and **AVOID** drinking alcohol. Alcohol attacks your liver, too, so it can make you feel worse.